Modulation Cards—cut out, color and glue onto index cards to make skills cards for your toolbox

Turtle Technique
(pull head in toward body)

Bounce back from your feelings
Bounce, throw or play with a ball

Count backwards from 25

Tense then relax your fists
Four Breathing (breathe in for four seconds, hold breath for four seconds, then breathe out for four seconds)

Have a seat (sitting down helps the body relax)

Exercise
Jump rope
Do 10 jumping jacks

If you need to punch
Punch a PILLOW or something soft
Tear paper
Doing something physical that is non-harmful helps to get the anger out

Color
Is a soothing activity that helps calm

Chew Gum
(this repetitive motion helps self-soothe)

Showering or taking a bath helps to soothe your mind and body
Writing down what you are thinking and feeling helps to get it out in a positive way.

Robot Rag Doll
(Tighten your whole body like a Robot; then relax your whole body like a rag doll)

Talk to an adult or friend

Take a walk
Hit some baseballs or play catch

Have a cool drink
Focus on how it feels when you drink something really cold

Take a nap

Draw it out
Dance like no one is watching

Sing out loud to your favorite song

Make a craft
Build or sew something, try to use your imagination

Read a book
A new one or one of your favorites
Listen to music or make your own

Pet an animal (that you know)

Write a story